

Consumer Name:
Consumer ID:

Daily Living Activities (©DLA-20): Adult Mental Health

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Instructions: Using the scale below, rate how often or how well the consumer independently performed or managed each of the 20 Activities of Daily Living (ADLs) in the community during the last 30 days.

If the consumer's level of functioning varied, rate the lower score. Consider impairments in functioning due to physical limitations as well as those due to mental impairments. Do not consider environmental limitations (e.g., "no jobs available"). Strengths are scored ≥ 5 in an activity and indicate functioning "within normal limits" (WNL) for that activity. Enter N/A only if the activity was not assessed & do not exceed 5 N/A DLAs.

1 None of the time; <u>extremely severe</u> impairment of functioning; pervasive level of continuous paid supports needed	2 A little of the time; <u>severe</u> impairment or problems in functioning; extensive level of continuous paid supports needed	3 Occasionally; serious to moderately severe impairment or problems in functioning; moderate level of continuous paid supports needed	4 Some of the time; <u>moderate</u> impairment or problems in functioning; low level of continuous paid supports needed	5 (WNL) A good bit of the time; <u>mild</u> impairment or problems in functioning; moderate level of intermittent paid supports needed	6 (WNL) Most of the time; strength w/very mild impairment or problems in functioning; low level of intermittent paid supports needed	7 (WNL) All of the time; independently managed DLA in community; no impairment or problem in functioning requiring paid supports						
ACTIVITIES	Examples of scoring strengths as WNL behaviors (Scores 5-7)			Dates:	Eval	R2	R3	R4	R5			
1. Health Practices	Takes care of health issues, manages moods, infections; takes medication as prescribed; follows up on medical appointments.											
2. Housing Stability, Maintenance	Maintains stable housing; organizes possessions, cleans, abides by rules and contributes to maintenance if living with others											
3. Communication	Listens to people, expresses opinions/feelings; makes wishes known effectively.											
4. Safety	Safely moves about community – adequate vision, hearing, makes safe decisions. Safely uses small appliances, ovens/burners, matches, knives, razors, other tools.											
5. Managing Time	Follows regular schedule for bedtime, wake-up, meal times, rarely tardy or absent for work, day programs, appointments, scheduled activities.											
6. Managing Money	Manages money wisely (independent source of funds); controls spending habits.											
7. Nutrition	Eats at least 2 basically nutritious meals daily.											
8. Problem Solving	Resolves basic problems of daily living, asks questions for clarity and setting expectations.											
9. Family Relationships	Gets along with family, positive relationships as parent, sibling, child, significant other family member.											
10. Alcohol/Drug Use	Avoids abuse or abstains from alcohol/drugs, cigarettes; understands signs and symptoms of abuse or dependency; avoids misuse or combining alcohol, drugs, medication.											
11. Leisure	Relaxes with a variety of activities; attends/participates in sports or performing arts events; reads newspapers, magazines, books; recreational games with others; involved arts/crafts; goes to movies.											
12. Community Resources	Uses other community services, self-help groups, telephone, public transportation, religious organizations, shopping.											
13. Social Network	Gets along with friends, neighbors, coworkers, other peers.											
14. Sexuality	Appropriate behavior toward others; comfortable with gender, respects privacy and rights of others, practices safe sex or abstains.											
15. Productivity	Independently working, volunteering, homemaking, or learning skills for self-support.											
16. Coping Skills	Knows about nature of disability/illness, probable limitations, and symptoms of relapse; behaviors that cause relapse or make situation/condition worse; makes plans and uses options for coping, improving, preventing relapse, restoring feelings of self-worth, competence, being in control.											
17. Behavior Norms	Complies with community norms, probation/parole, court requirements, if applicable; controls dangerous, violent, aggressive, bizarre, or nuisance behaviors; respects rights of others.											
18. Personal Hygiene	Cares for personal cleanliness, such as bathing, brushing teeth.											
19. Grooming	Cares for hair, hands, general appearance; shaves.											
20. Dress	Dresses self; wears clean clothes that are appropriate for weather, job, and other activities; clothing is generally neat and intact.											
Scoring Instructions: Ratings for all 20 DLAs can be added then divided in half to estimate mGAF or: Step 1. Add scores from applicable column. Step 2. Divide sum by number of activities actually rated. This is the <u>average DLA</u> score. Step 3. <u>To count disturbances for DSM-5, compute mGAF:</u> multiply the average DLA by 10. Range of error is DLA+/-3 points for Modified GAF (mGAF). mGAF score dictates # disturbances Step 4. 'Severity of Illness' is correlate for ICD-10 4 th digit modifier of 0, 1, 2, 3 (see DLA-20 conversion)				Sum (max.140)								
				Average DLA-20								
				Est. mGAF #								
				Severity of Illness								

Average Composite DLA-20 Scores are correlated and can be converted to ICD-10 4th digit modifier:

>= 6.0 = Adequate Independence; No significant to slight impairment in functioning
mGAF tallies # symptoms few and mild

5.1- 6.0 = Mild impairments, minimal interruptions in recovery
ICD 10 4th digit modifier = 0

4.1- 5.0 = Moderate impairment in functioning
ICD 10 4th digit modifier = 1
mGAF tallies number of symptoms = 1-3

3.1- 4.0 = Serious impairments in functioning
ICD 10 4th digit modifier = 2
mGAF tallies number of symptoms = 4-6

2.1- 3.0 = Severe impairments in functioning
ICD 10 4th digit modifier = 3
mGAF tallies number of symptoms = 7-10

2.0 = Extremely severe impairments in functioning
ICD10 4th digit modifier = 3
mGAF identifies intensely high-risk symptoms

DLA-20© Scoring Rules

- Assess level of functioning or impairment compared to the entire population.
- Evaluation is based on the past 30 days.
- If functioning varied in the last 30 days, rate the lowest score on the more frequent pattern of behavioral responses to symptoms.
- Once you pick a number, look at the rating below to make sure a lower rating is not more accurate. Continue this until the most accurate rating is found.
- If you cannot decide between two scores, always choose the lower score.
- Consider impairments in functioning due to physical limitations as well as those due to mental impairments. Assess needs.
- Do not consider environmental limitations (e.g. “no jobs available”).
- Must address at least 15 items

The score is not necessarily correlated with the client’s self-reported functioning as research shows —trust your own assessment of current behaviors, known and reported, and the anchors defining strengths & weaknesses compared to general population (not client population).